

a monthly publication of the  
Tennessee Valley Authority

# InsideTVA

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January 2010

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yields talent for TVA  
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TVA POLICE OFFICER | pages 6-7

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## ADDITIONAL INFORMATION

TVA is an equal-opportunity and affirmative-action employer. TVA also ensures that the benefits of programs receiving TVA financial assistance are available to all eligible persons, regardless of race, color, sex, national origin, religion, disability or age.

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## HOT TOPICS



### Kingston ash spill health assessment completed

PUBLIC COMMENTS ACCEPTED THROUGH FEB. 9

The Tennessee Department of Health's Environmental Epidemiology Program, under a cooperative agreement with the federal Agency for Toxic Substances & Disease Registry, has completed a draft health assessment for Kingston Fossil Plant's coal ash spill site. TDH now is accepting public comments through Feb. 9. The 200-page assessment and a four-page fact sheet summary are available on the department's Web site at <http://health.state.tn.us/coalashspill.htm>. Highlights of the conclusions reached in the report are as follows:

- No harm to the community's health is expected from touching the coal ash. Even though touching the coal ash could cause local skin irritation, the metals in the ash are not likely to get into people's bodies from merely touching the coal ash.
- Using municipal drinking water from the Kingston and Rockwood water treatment plants will not harm people's health, because the raw and finished water have continuously met drinking water standards. Also, using well or spring water within four miles of the coal ash release will not harm people's health from exposure to coal ash or metals in the coal ash, because no evidence has been found for groundwater contamination by coal ash.
- Using the Emory River at the site of the coal ash release (near Emory River mile 2) could result in harm to residents or trespassers from physical hazards associated with cleanup efforts and from the volume of ash present, if residents or trespassers entered the area. No harm to people's health should result from recreational use of the Emory, Clinch and Tennessee rivers outside the area of the lower Emory River down to the confluence of the Emory and Clinch rivers, as specified in the recreational advisory and river closure. As the advisory indicates, people are advised to avoid areas where they see ash, however, even if it is outside the area of immediate impact.
- Breathing ambient air near the coal ash release is not expected to harm people's health as long as adequate dust suppression measures are in place. No harm to people's health is expected from occasionally breathing coal ash if it should become airborne for short periods of time. If dust suppression measures should fail and particulate matter is present in concentrations greater than National Ambient Air Quality Standards due to the coal ash becoming airborne for periods longer than one day, the department concludes that particulate matter from airborne coal ash could harm people's health, especially for those persons with pre-existing respiratory or heart conditions.

Comments must be submitted in writing. Submit via e-mail to [EEP.Health@tn.gov](mailto:EEP.Health@tn.gov) or mail to:

Environmental Epidemiology Program, Tennessee Department of Health, 1st Floor, Cordell Hull Building, 425 5th Avenue North, Nashville, TN 37243

For more information on the involvement of TDH in protecting residents' health in the aftermath of the Kingston coal ash spill, visit the Web at <http://health.state.tn.us/coalashspill.htm>.

## ON THE COVER

COVER PHOTO – TVA Police Officer Derrick Chatman patrols at Wilson Dam in Alabama. Photo by Mark Davis



# Employees ring in new year with clear priorities

Safety, compliance and efficiency were among the themes when employees answered the questions, "What are your work priorities for 2010? What will you concentrate on and why?"



**Jessica Baker**  
Senior specialist  
Resource Planning  
Chattanooga

My priorities for 2010 are to support and improve TVA's resource-planning process and to help my team provide quality analysis to support strategic decisions about TVA's assets, customer products and potential purchases and sales.

I plan to help enhance TVA's performance and reputation with internal and external customers by improving communications about TVA's plans.



**Charity Edmonds**  
Shift Operations supervisor  
Kingston Fossil Plant

I will concentrate on doing my part to ensure that Kingston Fossil Plant's performance

is in line with the newly adopted Four Cornerstones of the Fossil Power Group:

- Safety
- Cost
- Environment
- Production

My work group's most direct impact is in safety and production. Our group is focused on processes and procedures to ensure that work is performed under safe conditions and that the procedures used to place equipment in a safe condition are accurate and up to date.



**C.L. Gattis**  
Unit Operator trainee  
Watts Bar Nuclear Plant

I am in the licensing program at Watts Bar, so my priority is to obtain a position of licensed

nuclear operator by late August. After that, I will concentrate on becoming an efficient operator.

My primary focus during 2010 is to successfully complete license operator training by passing the Nuclear Regulatory Commission exam in August. After becoming a licensed reactor operator, I want to participate in as much of the test for the completion of the Watts Bar unit as possible.

As nuclear workers, I and others have a responsibility to the industry to stay safe in order to keep the public's trust in nuclear power. Nuclear power is, and will remain, key to TVA's goal of providing safe, low-cost and reliable power.



**Annette Moore**  
Manager, TRO Compliance  
Transmission & Reliability  
Organization  
Chattanooga

My focus for 2010 is to ensure that the

Transmission & Reliability Organization continues to comply with North American Reliability Council Reliability Standards. I will also help the Power Supply Organization and other business units prepare for the scheduled audit in May. I want to further develop TVA's "culture of compliance."

From the system operators to the unit operators, many of us at TVA play a role in compliance with NERC Reliability Standards. Failure to comply could mean unsafe and unreliable operations. It also could mean fines up to \$1 million per day per violation. As employees, we protect TVA's name and numbers through compliance.



**Jerry Owensby**  
Auxiliary Unit operator  
Operations Department  
Browns Ferry Nuclear Plant

In 2010, my priority is to ensure the Browns Ferry Operations

Department meets expectations with safety and performance. I can help achieve that excellence by consistently using TVA standards and operational procedures. I also will promote continuous improvement at Browns Ferry by identifying and resolving plant issues. By setting these priorities, I am helping to create safe and error-free operations.



**Dan Pratt**  
Bellefonte Project director  
Nuclear Generation  
Development &  
Construction  
Chattanooga

My priority for 2010 is to help TVA advance toward its goal to have 50 percent of its electricity generated by carbon-free sources by 2020. As the Bellefonte Project director, I will concentrate on the completion of the ongoing detailed scoping, estimating and planning project. I plan to finish the studies the TVA Board will use when they decide early in the year how to best use the assets at the site. Having the best information available to the decision makers is the only way to ensure the best decision is made.



**Gary Scott**  
Manager, Plant Engineering  
Cumberland Fossil Plant

During 2010, I will develop and implement a safety plan for Cumberland Fossil Plant

that will build on our existing safety culture, and I'll continue to support safe and reliable generation of electricity at this plant.

I will concentrate on sustainable performance through project planning/implementation, outage planning/execution, improved system-engineer "ownership" and the 10-year boiler plan.■



## GIVING TOGETHER

### Employees continue tradition of helping others



TVA, Murfreesboro Electric Department and Middle Tennessee Electric Membership Corp. recently contributed \$35,500 to the United Way of Rutherford and Cannon counties. Presenting the check are, from left, Ken Breeden, executive vice president of Customer Resources; P.D. Mynatt, chief financial officer of Murfreesboro Electric Department; Steve Sax, general manager, Murfreesboro Electric Department; Andrew Oppman, 2009 United Way campaign director for Rutherford and Cannon counties; Frank Jennings, president and chief executive officer, MTEMC; and Brian Hercules, president & chief executive officer of United Way of Rutherford and Cannon counties.

### CHATTANOOGA

Federal agencies in the Chattanooga area collected pledges and donations topping \$1.4 million for local and national charitable agencies, exceeding the Chattanooga-Area Combined Federal Campaign goal by 17.5 percent. "Chattanooga-area federal employees know that their gift to the CFC creates a ripple effect of help in the community," says campaign chairman Van Wardlaw, executive vice president of Power Supply & Fuels. "It has been a very successful campaign due to the willingness of so many people who have given their time, money and energy."

### SMOKY MOUNTAIN REGION

TVA reached 98 percent, or about \$488,500, of its goal in the Smoky Mountain Region Combined Federal Campaign. The campaign kicked off Sept. 24 and ended Dec. 15. In addition to TVA, 31 other federal agencies, including the U.S. Postal Service, the Department of Energy, the Federal Bureau of Investigation, the Internal Revenue Service and the National Guard, took part in the Smoky Mountain Region campaign. Together, more than \$709,000 was raised for charity.

### MUSCLE SHOALS

The Muscle Shoals Area Combined Federal Campaign was at 97 percent of its goal of \$160,000, as of press time. The Muscle Shoals Area CFC covers Colbert, Franklin and Lauderdale counties in north Alabama. Ron Williams, vice president of Land & Water Stewardship in the River Operations and Office of Environment & Technology, chaired the campaign.

### TENNESSEE REGIONAL

TVA, as part of the larger Tennessee Regional CFC Campaign based in Nashville, has exceeded its stretch goal of \$160,000. Campaign pledges and donations were more than \$175,697, with 353 participants. "This is one of the most successful campaigns ever in the Tennessee Regional Campaign, and TVA in particular," says Jerry Barnette, loaned executive to the campaign. "The overall campaign also exceeded its goal of \$1 million. A large number of federal agencies participate in the Tennessee Regional campaign, and TVA has always been one of the top contributors to the total effort." The Tennessee Regional CFC covers 56 counties — most of Middle Tennessee, part of Kentucky and much of western Tennessee.



### Ivy Academy becomes a PIE

Human Resources Consultant Tyrone Scott (right), leader of the Corporate Regional Diversity Council, recently presented TVA's official Partners In Education flag and certificate to Ivy Academy in Chattanooga. With Scott is Chris Daly, chair of the Ivy Academy board of directors. Ivy has been selected as one of TVA's newest Partners In Education schools. The PIE program assists Tennessee Valley schools in providing a high-quality education and preparing students for employment. TVA's goal for the program is to ensure that the future workforce and Valley citizens have the knowledge and skills to meet the challenges of the 21st century. About 70 schools in Alabama, Georgia, Kentucky, Tennessee and Mississippi participate in the PIE program.



### Gallatin safety

Last month, the Gallatin Fossil Plant management team and Health & Safety Committee members greeted employees in the cold, early morning hours with instant hot chocolate packets and an important message about safety: "Faster than the dry mix can become a hot beverage, a life-changing injury can occur in an instant." The Gallatin team encouraged co-workers and contractors to remain focused and to continue to work safely as the Unit 4 outage comes to an end. John Gilmore, maintenance coordinator (left), hands the safety message to Maintenance Technician Rob Patterson.



# YouthWorks yields talent for TVA

BY BROOKS CLARK



Former YouthWorks participant Keith Brown works as a custodian in the West Tower in Knoxville.

**Last summer, Keith Brown and Adrian Sims, both 23, started work as custodians at the TVA Towers in Knoxville as part of YouthWorks, a Knox County summer employment program TVA's Corporate Regional Diversity Council sponsored.**

Brown had moved with his aunt 4½ years ago from Benton Harbor, Mich., to Knoxville and worked at McDonald's, Arby's, Wendy's, Burger King, Hillcrest West and Children's Hospital, always chasing a few cents more per hour than minimum wage.

He was between jobs when he heard about YouthWorks. "A friend of mine said to think highly of myself and think positive when I applied," says Brown. He got a spot in YouthWorks, which placed him at TVA, where he did so well at his custodial duties that he now works the evening shift in the West Tower, cleaning floors and bathrooms – "keeping everything spotless." "This is the most money I've ever made in my life," says Brown. "I am so happy for this opportunity. I'm trying to make the most of it that I can."

Sims, a graduate of Karns High School in Knoxville, was taking mechanical engineering classes at Pellissippi State Technical Community College when he applied to YouthWorks. His performance and attitude landed him an engineering internship in the Facilities Management organization, doing AutoCAD, or computer-aided design. "I'm learning something new every day," says Sims.

Brown and Sims were two of four TVA YouthWorks participants. LaDaniel Williams, 19, is now concentrating on completing his GED course work and Jacob Hopson, also 19, is working at Starbucks while pursuing his high school diploma.

In addition to doing core custodial work, the four visited the

Operations Control Center in Chattanooga and the University of Tennessee at Chattanooga. They heard guest speakers, including Vice President of Facilities Management Jeff Parsley, Senior Vice President of Diversity & Labor Relations Peyton Hairston, Senior Manager of Diversity & Inclusion Vyrone Cravanas, Senior Manager of Employee Benefits Gary Napier and Diversity & Labor Relations Adviser Jason Woodle.

And they attended weekly professional-development mentoring sessions with Tyrone Scott, a Human Resources program consultant who is in charge of TVA's YouthWorks participants.

"We used these sessions to discuss the power of a positive attitude and effective communications," Scott says. "All four were evaluated weekly on their individual performance. It was always satisfactory or above. They showed up on time and worked hard, and all of them at different times made comments like, 'This is the first time I really believed I could do something positive with my life.'" ■



Adrian Sims, who took part in YouthWorks at TVA, now is an engineering intern in Facilities Management in Knoxville.

PHOTOS BY DAVID LUTTRELL



# TVA POL All in a day!



Last September, on his first shift as a TVA Police officer, Adam Smith investigated a report of barking dogs at a remote camping area near Caryville, Tenn. Smith and his partner drove up the narrow road to a campsite, where a pit bull and a Rottweiler were tied up and not happy. "I thought they were going to eat us up," says Smith, who concluded that the camp had been abandoned. He was leaving the area when he met a beat-up Honda four-door sedan on the narrow road.

On an ordinary day, TVA Police officers like Smith, Derrick Chatman, and Amanda Rhodes routinely monitor facilities as workers arrive in the morning, patrol areas around dams and plants, and investigate reports at the hundreds of TVA recreational areas. They deal with "squatters," who've taken up residence in public areas, handle disputes between campers and more.

Last month, TVA Police officers assisted Lenoir City, Tenn., investigators after pipe bombs exploded at a Wal-Mart and on the Ft. Loudoun reservation. Video from Wal-Mart showed two vehicles, and TVA maintenance workers confirmed they had seen the same cars. TVA and local officers scanned the Lenoir City High School parking lot and saw one of the cars. Within hours, four students had confessed to buying material and making and detonating four pipe bombs.



Back at the Caryville campsite, Smith found that the Honda carried a man, a woman and a 15-month-old baby. A background check revealed that both adults had suspended drivers' licenses, and the man was wanted on various charges. Homeless and unemployed, they had been living at the campsite with their two dogs. "We took the man to jail and called the woman's family," says Smith. "I stood by and waited while the parents came to pick up the woman and her baby."

Smith, 29, joined the TVA Police last March after 11 years in local police departments. Like all TVAP officers, he spent 18 weeks training at the Federal Law Enforcement Training Center, or FLETC,

**TOP:** In addition to her other duties, Amanda Rhodes, an officer with the Pickwick Sector, teaches CPR and first aid.

**LEFT:** Adam Smith patrols at Norris Dam. He also protects campgrounds, fossil plants and other TVA facilities.



# ICE s work

BY BROOKS CLARK

in Glynco, Ga. “We spent 10 weeks in the classroom,” says Smith. “The last eight weeks, we were outdoors practicing what they taught us. We studied the safest way to approach any situation, from a car stop to a trailer in a remote area. We learned to keep our eyes open and stay aware of our surroundings.”

Officer Derrick Chatman went to FLETC after graduating in June from the University of North Alabama, where he was also a defensive lineman. Along with FLETC’s curriculum, he was impressed with the physical regimen. “We focused on hand-to-hand combat, using different techniques to help survive an attack from an individual,” says Chatman, who works out of Muscle Shoals.

Along with her regular duties around Pickwick Dam, Amanda Rhodes teaches classes in CPR and first aid and is a Victim-Witness Assistance officer. “As a Victim Witness Assistance officer, I serve as a liaison between families and law-enforcement officers,” she says. Last February, a man jumped off the Savannah Bridge into Kentucky Reservoir, and Rhodes notified the widow. Along with her grief, the widow was facing a financial crisis — she was disabled, and her husband had been the family’s sole breadwinner. “I provided contact information for agencies that could help her,” says Rhodes. “In this case, it was the Red Cross, a local church food bank and the Salvation Army.” ■



**ABOVE:** Adam Smith (left) talks with Hydro Technician Jamie Cox at Norris Hydro Plant.

**BELOW:** Derrick Chatman, who is stationed in Muscle Shoals, stands in front of Wilson Hydro Plant.





# my job rocks

BY BROOKS CLARK

TVA employees are on the job 24/7, keeping the lights on, running the river system, managing TVA lands and supporting TVA's operations. In this column, you'll hear from TVA employees who can say, "My job rocks!"

**LEANNE GROSS** | HUMAN RESOURCES ASSOCIATE, CHATTANOOGA

**A**fter graduating from Auburn University in August 2008 with a degree in Human Resources Management, Leanne Gross applied to TVA, was hired as an employment assistant, promoted to HR assistant in April and then to associate in October.

"I happened to be the luckiest girl alive," says Gross. "I have a lot of friends who are out of college getting whatever jobs they can find, if they can find any at all, until they get what they really want. I'm actually getting to start my career rather than just bide my time. I feel extremely blessed to have found my first job doing something I love, in a place I love."

Gross grew up on Signal Mountain and went to Girls Preparatory School. Her grandfather, Denson Broadfoot, was an electrical engineer at TVA in Chattanooga and spent some of his years in the Lookout Place building, where Leanne works today.

Gross started as a marketing major at Auburn, but after a few classes, she realized she liked human resources. She confirmed that on a summer internship with the Lee County, Ala., Commission. "Helping people get employed is very rewarding for me," she says.

As an employment assistant, Gross scheduled interviews, extended job offers and coordinated New Employee Orientation. She also made travel arrangements for interview candidates, processed background investigations and scheduled pre-employment exams.

She is now more involved in HR operations, consulting with management about workforce planning, talent management, selections, compensation and labor relations. As an HR associate, she also serves as a contact for employees and with managers regarding the selection process.

"I feel privileged to work for a company that does so many wonderful things for the place where I grew up," says Gross. "I'm enjoying learning about TVA as a whole – the plants, the transmission system and the utility industry."

"In this, my first job out of college, I couldn't have asked for a better group of people to work with. Everyone at TVA is so helpful and encouraging, and I have already made many lifelong friends."

"I'm surrounded by people who care about each other and the work that we do!" ■



Leanne Gross discusses personnel approvals with Andy Wright, HR service manager (left), and Steve Hargrove, general manager of Combustion Turbine/Combined Cycle Operations.

PHOTOS BY JODY COX



# When holiday hearts are opened

BY CAROLYN MINTER



STEVE WALLACE

Santa Claus, aka TVA retiree John Blackwell, deems Operations Manager Steve Peoples as “naughty” and jokingly gives him the traditional lump of coal.

With the abundance of gifts and toys overflowing, it was evident that Colbert Fossil Plant employees had opened their hearts as well as their checkbooks for two needy families.

On Dec. 21, Colbert employees treated the families to a special Christmas party. One family of six was virtually homeless; the second family has just one parent working part-time to feed and clothe all five family members. Santa Claus made a special visit to ensure that seven children received bicycles, books, CDs, toys, games and clothes, and each family received grocery gift

cards. Everyone enjoyed pizza afterward.

But what's the retiree connection? John Blackwell, secretary for the TVA Retirees Association and one of TVA's staunchest advocates, appeared as Santa Claus.

“Colbert employees did such a great job during the Muscle Shoals Combined Federal Campaign, I wanted to do something special for them,” says Blackwell, who has chaired the CFC for Muscle Shoals retirees for several years. “I said I would greet the employees, but instead, they requested a

special appearance for these two families.”

Blackwell was proud of the Colbert plant employees' generosity. “You never know why things happen in this life, but you can rest assured there are folks who will help — no matter what.” ■



## new retirees

### 38 years

**Jerry E. Liner**, Office of Environment & Research, Chattanooga

### 36 years

**J. Darwin Bridges**, OE&R, Muscle Shoals  
**Myra M. Soroczak**, OE&R, Muscle Shoals

### 35 years

**Ronald W. Bales**, Information Services, Chattanooga  
**Jerold R. Ireland**, Power System Operations, Mount Juliet  
**Rex D. Rowell**, River Operations, Chattanooga  
**Larry D. Williams**, Fossil Power Group, Memphis

### 33 years

**Kenneth W. Haley**, FPG, Tusculmbia  
**James R. Roche II**, Nuclear Power Group, Chattanooga  
**William M. Sisk II**, OE&R, Chattanooga

### 32 years

**Mark K. Eisenbise**, NPG, Soddy-Daisy  
**Joel F. Hicks**, Financial Services, Knoxville  
**Thomas C. Wilson**, Customer Resources, Memphis  
**Joel S. Woods**, NPG, Spring City

### 31 years

**Charles B. Dodd Jr.**, RO, Chattanooga  
**Earl G. Marcus**, OE&R, Chattanooga  
**Michael L. Nabors**, Power Supply & Fuels, Chattanooga

### 30 years

**Linda Karen Draeger**, IS, Chattanooga

**Ronald E. Hawkins**, RO, Chattanooga  
**Kenneth F. Ostrom Jr.**, PSO, Chattanooga  
**Mark A. Palmer**, NPG, Chattanooga  
**Mark S. Poteet**, RO, Chattanooga  
**Michael L. Richardson**, PSO, Cordova  
**Cleatus Rodgers Jr.**, PSO, Chattanooga

### 29 years

**Fred L. Elmendorf**, PSO, Chattanooga

### 28 years

**James Barry Fox Jr.**, NPG, Soddy-Daisy  
**Dan M. Jenkins**, IS, Knoxville

### 27 years

**Donald W. Coble**, RO, Kingsport  
**Ronald D. Coleman**, FPG, West Paducah  
**Rebecca A. Stanfield**, NPG, Chattanooga

### 25 years

**Patricia A. Bell**, OE&R, Chattanooga  
**Charles E. Fulkerson**, FPG, Drakesboro

### 24 years

**Timothy E. Carver**, FPG, Drakesboro  
**Dorothy J. Morgan**, NPG, Chattanooga

### 23 years

**Tommy H. Slaton**, PSO, Chattanooga

### 22 years

**Sherry L. Hicks**, Human Resources, Chattanooga  
**Russell E. Lee**, IS, Chattanooga  
**Thomas J. McGrath**, NPG, Chattanooga  
**Robert J. Moll**, Nuclear Generation Development & Construction, Spring City  
**Bobby W. Terry**, NPG, Decatur

### 21 years

**Robert J. Beecken**, Nuc GD&C, Chattanooga

### 20 years

**Gary E. Baker**, Facilities Management, Chattanooga  
**Joe Chen**, NPG, Spring City  
**Anne B. Ferrell**, Office of Inspector General, Knoxville

### 19 years

**Leslie C. Dowell Jr.**, FPG, Gallatin  
**John A. Howlett**, FPG, Muscle Shoals

### 18 years

**Jimmy L. Ashby**, PSO, Murfreesboro  
**Ronnie L. Cummins**, RO, Town Creek  
**Walter K. Gandy**, NPG, Decatur  
**Robert D. Mays**, FPG, Muscle Shoals  
**Dewayne H. Stewart**, Supply Chain, Muscle Shoals  
**James L. Wann**, OE&R, Muscle Shoals

### 17 years

**Rebecca L. Breeden-Lynn**, HR, Knoxville  
**Bruce T. McKelvey**, FPG, Tusculmbia

### 16 years

**David E. Brock**, FPG, Muscle Shoals  
**Linda T. Hargrove**, PSO, Hickory  
**James W. Justice**, FPG, Stevenson  
**James M. Melton**, FPG, Rogersville  
**William O. Neal**, NPG, Soddy-Daisy

### 12 years

**Melody D. Babb**, COO, Chattanooga

# Alzheimer's – It's not a normal part of aging

BY KELLY LAWSON

The most common form of dementia, Alzheimer's destroys brain cells, resulting in loss of or decline in memory and changes in behavior and thinking. While there is no cure for Alzheimer's at this time, early detection may help you gain the maximum benefit from treatments.

Here are the 10 warning signs of Alzheimer's compared with typical age-related changes.

**1. Memory changes that disrupt daily life, such as forgetting recently learned information**

*Typical age-related changes:* Sometimes forgetting names or appointments but remembering them later

**2. Challenges in planning or solving problems, for example, keeping track of monthly bills**

*Typical age-related changes:* Making occasional errors when balancing a checkbook

**3. Difficulty completing familiar tasks, for example, driving to a familiar location**

*Typical age-related changes:* Occasionally needing help to use the settings on microwave or record a TV show

**4. Confusion with time or place, such as losing track of dates or seasons or forgetting where you are**

*Typical age-related changes:* Getting confused about the day of the week but remembering it later

**5. Trouble understanding visual images and spatial relationships, such as difficulty judging distance or not realizing you are the person in the mirror**

*Typical age-related changes:* Vision changes related to cataracts

**6. New problems with words in speaking or writing, such as trouble joining a conversation or calling things by the wrong name**

*Typical age-related changes:* Sometimes having trouble finding the right word

**7. Misplacing things and losing the ability to retrace steps, for example, putting things in unusual places**

*Typical age-related changes:* Misplacing things from time to time, such as the remote control

**8. Decreased or poor judgment, for example, when dealing with money or attention to grooming**

*Typical age-related changes:* Making a bad decision once in a while

**9. Withdrawal from work or social activities, such as trouble remembering how to do a favorite hobby**

*Typical age-related changes:* Sometimes feeling weary of work, family and social obligations

**10. Changes in mood and personality, such as confusion, fearfulness and suspiciousness**

*Typical age-related changes:* Developing very specific ways of doing things and becoming irritable when a routine is disrupted

**Here's how to reduce some risks by keeping your brain healthy:**

- Exercise your brain — work crossword puzzles, read, enroll in classes
- Stay socially active — volunteer, join clubs, travel
- Get physical — try aerobics, yoga, bicycling and be sure to protect your head
- Have a heart-healthy and brain-healthy diet — eat low-fat and low-cholesterol foods, dark skinned fruits and vegetables, fish high in Omega-3 acids such as salmon and tuna, and nuts with vitamin E such as almonds.

More information about Alzheimer's disease and local resources are available at [www.alz.org](http://www.alz.org) and selecting "In My Community."

**Say it your way.**

If you have comments or information you'd like to share with other employees about caring for family members with Alzheimer's, go to the online edition of *Inside TVA* on InsideNet and click on the link for the InsideLine comment box, or go to <http://www.tva.gov/insidetva/jan10/insideLine.htm>.



CHAS LAW

Anthony Conkin and his family took care of his mother, who had Alzheimer's disease.

## Caring through compassion

Having a mother who lived with Alzheimer's disease for 12 years, Anthony Conkin knows the difficulties of this disease for the patient and the family.

"Our family took advantage of the informational resources available through the Alzheimer's organization to become educated about the behaviors and personality changes that can occur with this disease," says Conkin, senior manager, compensation & human resources planning. "We learned caregiving skills, divided up responsibilities among our family and hired caregivers to enable our mom to live at home."

Conkin admits taking care of someone with Alzheimer's is hard. "It really helped to keep a good sense of humor and to remember the loving care our mother gave our family before she passed away in 2004 on her 86th birthday."



# people, plaudits, and promotions

**Stojan Radojcic**, a power maintenance senior technician with the Johnson City Transmission Service Center, has been named Transmission Operations & Maintenance Professional of 2009. Radojcic, a six-year TVA employee, was recognized for his excellent work and work ethic. "Stojan is a team player inside and outside TVA," says TOM Vice President Tracy Flippo. "He exemplifies the STAR 7 values found in each category – integrity, respect, accountability, teamwork, continuous improvement, honest communication and flexibility – upon which the TOM Professional Program is built." In addition to Radojcic, the quarterly award winners were **Thomas Barnett**, an electrician for the Muscle Shoals Transmission Service Center; **Jason T. Regg**, right-of-way specialist for the Cleveland Sector; and **Lance Smith**, transmission system technician for the Jackson Transmission Service Center.



Stojan Radojcic



Jason Woodle

**Jason Woodle**, senior adviser in Corporate Responsibility & Diversity, has been named a 2009 recipient of the *Greater Knoxville Business Journal's* 40 Under 40 award. Recipients, recognized for their personal and professional achievements, include bankers and lawyers, educators and entrepreneurs, community and government leaders, fundraisers and investment advisers. Woodle joined TVA in 2008. He earned a bachelor's degree in religious studies from the University of Tennessee in 1999 and a master's degree in

international peace and conflict resolution from American University in Washington, D.C., in 2002. He has served as a guest researcher at the Peace, Action, Training & Research Institute of Romania.

*Minority Engineer* magazine has ranked TVA in its list of "Top 20 Government Agencies." The list will be featured in the winter 2009/2010 edition. Readers selected the top companies in the country for which they would most prefer to work or believe are progressive in hiring minority engineers. *Minority Engineer* is the most widely read recruitment magazine for minority (African-American, Hispanic, Asian-American and Native-American) engineers in the nation.



## HELPING WHEN CALLED

When a snow storm blasted through upper East Tennessee Dec. 18, the Elizabethton Electric Department's Winner Substation transformer went on the blink. And like a good neighbor, TVA was there to assist.

"We rented one of our mobile transformers to Elizabethton Electric Department, and our combined crews placed it into service for them," says John Hitchcock, Power System Operation's Johnson City transmission service manager. "In about 32 hours, the mobile transformer was energized, despite having to re-configure the substation to accommodate the transformer and sub-freezing weather conditions. Elizabethton then began restoring power to the affected 5,000-6,000 EED customers."

EED provides electric power to more than 150 square miles in northeast Tennessee, including portions of Carter, Sullivan, Unicoi and Washington counties and the cities of Elizabethton, Watauga and a small section of Johnson City.

"We are always happy to help our distributor customers keep the lights on in our service area, even in the worst of weather conditions," Hitchcock says. "It was a great team effort."



Crews from Elizabethton Electric Department and TVA work together to restore power.

## NEW EMPLOYEE

### JASON HARPER



TIFFANY ARNOLD

Jason Harper joined TVA in October as Valley Relations manager in Government & Valley Relations. He is TVA's liaison with local, state and federally elected officials and their staffs in the Alabama District, providing stakeholders with pertinent TVA information and addressing their questions and concerns about TVA programs and activities. He also facilitates communication among other TVA program district managers to improve field coordination of issues and projects.

"It's a good feeling to be part of something larger than myself, in an organization with its roots in helping promote the rural areas within the Southeast. It is important for us to be good stewards of TVA's money and help enable a larger mission of power reliability, economic development, recreation on the river system and doing all of this in a way to preserve our natural environment."

For a list of employees hired in October, see the online edition of *Inside TVA*.

## NEW EMPLOYEES

Jeffrey Layne Boulden, Drakesboro, Financial Services  
Ricky Garland Brown, Soddy-Daisy, Nuclear Power Group  
Steven Dwight Brown, Spring City, Nuclear Generation Development & Construction  
Patricia Lynn Bryant, Soddy-Daisy, NPG  
Heather Ann Cassell, Knoxville, Inspector General  
Lewis Jason Chatmon, Soddy-Daisy, NPG  
Aaron Houston Childs, Knoxville, Supply Chain  
William Berry Cole, Soddy-Daisy, NPG  
Donna Gail Collins, Knoxville, Human Resources  
Michael Anderson Colloms, Lenoir City, Facilities Management  
Tami Moses Cox, Knoxville, HR  
Franklin Eugene Davis, Chattanooga, Information Services  
James Allen Edmonds, Spring City, NPG  
Timothy J. Fouts, Soddy-Daisy, NPG  
Nelson Adam French, Soddy-Daisy, NPG  
Benita Regina Givens, Muscle Shoals, SC  
Jason Grant Harper, Huntsville, Government & Valley Relations  
Sam Lindsey Harvey, Chattanooga, NPG  
Astoshia Leeann Henson, Chattanooga, NGDC  
Brian Murray Hughes, Soddy-Daisy, NPG  
Margaret Rose Johnson, New Johnsonville, FS  
William Charles Johnson, Knoxville, HR  
George Albert Kimball, Soddy-Daisy, NPG  
John Russell Klaus, Soddy-Daisy, NPG

Robert Alan Mango, Knoxville, FS  
Frank Bruce Marano, Decatur, NPG  
Harley Allen McDaniel, Soddy-Daisy, NPG  
Lloyd Robert Morgan, Spring City, NPG  
Angee Lee Parlier, Chattanooga, FS  
Linda Marie Pate, Chattanooga, NPG  
Terry W. Patterson, Soddy-Daisy, NPG  
Nicholas D. Pearson, Washington, G&VR  
Daniel Franklin Phillips, Soddy-Daisy, NPG  
Darrell Lee Ponder, Decatur, NPG  
Benjamin C. Portis, Washington, G&VR  
Christopher Anthony Pujado, Spring City, NPG  
Kendall D. Rice, Bowling Green, Power System Operations  
Roald J. Richard, Decatur, NPG  
Billie Dean Rooks, Soddy-Daisy, NPG  
Timothy Shawn Rudder, Stevenson, Office of Environment & Research  
Gary Randolph Speegle, Decatur, NPG  
Robert Eugene Spiegel, Decatur, PSO  
James R. Staggs, Spring City, NPG  
Anna M. Sutton, Soddy-Daisy, NPG  
Angelia Gail Tinker, Soddy-Daisy, NPG  
Arch R. Tinker, Soddy-Daisy, NPG  
Karen Kaye Young, Chattanooga, HR

### Kingston Fossil Plant



# Brian Greene Tri-Lateral Safety Alliance champion

BY MYRA IRELAND



CLETUS MITCHELL

## ‘I Am My Brother’s Keeper’

Brian Greene, a staff-augmentation supervisor working for Civil Projects on the Kingston Fossil Plant scrubber and gypsum-pond projects, was troubled when hearing about the fatality of a truck driver at Kingston.

“I would lie awake at night pondering over the loss, and I asked myself what could have been done to prevent this tragic accident,” Greene says. He began going over the processes in his head and realized that the

following steps could be taken to prevent any future events:

- check-in at the site
- pre-job briefing
- loading and unloading material check sheet
- safety orientation video.

Greene’s suggestions have been adopted and are now being used by all onsite contractors at Kingston.